



Back Pain

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Opinion

In my 54 years of observation, I have never heard anyone who was better off having undergone back surgery. In every case I've heard about, the surgery made them worse off, in some cases, extremely worse off. Travis was in agony with lower back pain. He went for surgery and was made so much worse that he could barely walk anymore. He had his vertebrae fused together. He wished he had never undergone back surgery. He was suicidally depressed from the back pain. He would visit the Church every morning for prayer to help him get through the day. He had been somewhat athletic. Now he walked like a 100 year old man and doesn't want to live. In another case, after a minor car accident, the individual would not go even to a chiropractor for the fear of what might happen. She would rather suffer the lower back pain than get anything done. She was forced to retire from her successful position at a Bank because she couldn't stand sitting at a desk all day. Another man I met recently said that he had back pain so bad that he had to take morphine every morning. He decided to go for back surgery. He said he was in constant pain ever since. He wishes he had just suffered four of five times a year with lower back pain than to have gone for surgery and suffer nonstop. He continues to be extremely active. He says staying busy help him sleep at night through the pain.

I know of someone else who his back in a motorcycle accident. He went the hospital but was told just to let it heal and not to life heavy items or done manual work. He fully recovered. I've never heard him complain about back pain for over two years of living

with him. A relative broke his coccyx in a sledding accident when he was a kid. He also has a bulging disk that flares up once in a while which shuts him down for the day. He has had spasms all his life. He has never had surgery nor chiropractic treatment. He things chiropractors are quacks because people who go to them must keep going back to the doctor. He lives in pain. He can only do so much sitting. He doesn't work because his skills are with computers. He can only sit for so long before he must lie down in the bed. Another lady who is morbidly obese has back pain. She says it depends upon the day how she feels. She also has an injury to her ankle and knee, so she hobbles with a cane. The extra weight means that she has to get around rolling at her workplace in a office chair.

My father had slipped a disk while he was building a rock wall. Lifting those heavy stones caused he legs to go numb. He went to a Physiotherapist -chiropractors who put hot bags of sand on his back. Otherwise, my father was unable to walk easily. He fully recovered. Mr. Hay (not Doctor Hay!) was trained in England.

I had back pain myself. I went to several chiropractors over the years. Although the problem never cleared up, I still was glad to go to the Doctor. It is expensive at \$33 per visit. It was only \$12 in Toronto-home to Canada's only chiropractic college. I also participated in Yoga. It helped somewhat. Back pain is very common. People most just tolerate it. Some go to a chiropractor. Some get surgery. Hardly anyone recovers fully if it isn't made worse indeed.



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